

## ABSTRACT

A training glove which degrades the athlete's sense of touch in certain areas of his hand ("no touch areas"), to thereby encourage and train the athlete to control the ball with his finger tips. The glove includes padding on the palm, the thumb and fingers, except for the thumb tip and finger tips. The padding insulates the athlete's sense of touch in the no touch areas. Because the glove is light weight and preserves the full flexibility of the hand, the glove may be worn in competition. Thus, the glove is useful both as a training device and a performance enhancement device in competition.

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